



IN-PERSON, TELEPHONIC, AND VIDEO VISITS

ONSITE NURSE COACH SERVICES

Available to benefit-eligible employees and spouses.

- Patients are required to wear a cloth mask or facial covering to appointments.
- Temperature checks and screening questions will be conducted at time of appointment.

FREE, confidential appointments for:

- ✓ Manage chronic conditions (high blood pressure, diabetes, tobacco addiction, and more)
- ✓ Basic care for sore throats, earaches, sinus infections, and flu or cold symptoms (includes worksite testing such as blood sugar)
- ✓ Lose weight and improve nutritional choices
- ✓ Learn and use stress-reduction techniques
- ✓ First aid for injuries
- ✓ Immunizations

Schedule an appointment 24/7 online at bellin.org/cityofdepere or by calling **800.528.7883**. Walk ins are welcome upon availability.

bellinhealth



Sabrina Frisque, RN
nurse@mail.de-pere.org

**City Hall - Riverview
Conference Room:**
1st and 3rd Tuesdays,
12 noon-1:30 pm

**Municipal
Service Center:**
1st and 3rd Tuesdays,
2-3 pm

bellin.org/cityofdepere